## **HEALTH & WELLNESS**

Tuesday, April 3<sup>rd</sup> 11am – 1pm

## OHB Main Café

Menu for the Week of 04/02/18

Put your Food Waste to Use Monday (b)(3)\$6.80(b)(4) Curry Chicken Panini with Arugula Pho (Beef or Tofu) \$6.49/\$7.49(b)(4 Cajun Po' Boy Shrimp Sandwich \$6.99 Chicken Enchilada \$7.49 Salad Bar with Fresh Rosemary Chicken [6:F], Cod with Mediterranean Salsa [6:F] \$5.25/\$7.25 Fruits, Vegetables, & Cream of Broccoli Soup Vo , Chef's Choice (12 oz./16 oz.) Soup \$2.59/\$3.15 **Whole Grains** Chili Beef Chili (12 oz./16 oz.) \$2.80/\$3.39 \$0.48 per ounce Tuesday Curry Chicken Panini with Arugula Pad Thai (Shrimp, Chicken, or Tofu) \$6.49/\$7.49(b)(4) Cajun Po' Boy Shrimp Sandwich \$6.99 Chicken Enchilada \$7.49 **Burritos or Bowls** Apple & Fig Pork Loin G:F, Lemon Dill Tilapia G:F \$5.25/\$7.25 Made to Order Soup Chicken Tortilla Soup, Chef's Choice (12 oz./16 oz.) \$2.59/\$3.15 \$2.80/\$3.39(b)(4) Chili Beef Chili (12 oz./16 oz.) Wednesday Curry Chicken Panini with Arugula \$6.80 Pho (Chicken or Tofu) \$6.49/\$7.49(b)(4) Cajun Po' Boy Shrimp Sandwich \$6.99 Chicken Enchilada \$7.49 Healthy & Allergen Free Flank Steak with Chimichurri [4], Black Bean Quinoa Patties \$6.25/\$5.25 Cuisine Vegetable & Quinoa Soup , Chef's Choice (12 oz./16 oz.) \$2.59/\$3.15(b)(4) Soup Beef Chili (12 oz./16 oz.) Chili \$2.80/\$3,39 Thursday Chicken or Pork \$6.75 Curry Chicken Panini with Arugula \$6.80 \$6.49/\$7.49(b)(4) **Beef** \$7.75 Pad Thai (Shrimp, Chicken, or Tofu) **Shrimp** \$8.75 Cajun Po' Boy Shrimp Sandwich \$6.99 **Tofu** \$5.75 Chicken Enchilada \$7.49 Vegetable \$4.75 Artichoke & Tomato Chicken [[]:F], Citrus Marinated Pork Tenderloin [[]:F] \$5.25/\$5.25 Kale & White Bean Soup Was, Chef's Choice (12 oz./16 oz.) \$2.59/\$3.15(b)(4) Soup Beef Chili (12 oz./16 oz.) \$2.80/\$3.39 Chili Friday Served on Tuesdays, Curry Chicken Panini with Arugula \$6.80 Wednesdays, and Thursdays Pho (Shrimp or Tofu) \$6.49/\$7.4(b)(4) next to Cajun Po' Boy Shrimp Sandwich \$6.99 Café Hours of Operation Chicken Enchilada \$7.49 6:30 am - 2:00 pm Salmon with Pineapple Salsa [6#F], Chicken with Orange Marmalade [6#F] \$7.25/\$5.25 **Breakfast** Chipotle Cream of Tomato Soup Vol., Chef's Choice (12 oz./16 oz.) \$2.59/\$3.15 Soup 6:30 am - 9:30 am Beef Chili (12 oz./16 oz.) \$2.80/\$3.39 Chili **Continental Breakfast** 9:30 am - 11:00 am (b)(4)Lunch & Snacks 11:00 am - 2:00 pm Vegetarian



Our kitchen is not a gluten-free or allergen-free environment. All gluten-free menu items were determined based on the most current ingredient lists provided by our suppliers. This kitchen uses wheat flour and other wheat-based ingredients during production of other menu items. Our operation shares preparation, cooking, and serving areas, and designated gluten-free areas do not exist. Therefore, we cannot guarantee that any menu item is completely gluten-free or allergen-free.

(b)(4)



Monday Vegetable Bar An assortment of fresh vegetables served daily Entrées Vegetable Biryani Ve Pork Vindaloo G#F Moroccan Vegetable Stew with Chickpeas Thai Beef Curry Persian Chicken Kabob |G\*F Teriyaki Glazed Chicken Chicken Tikka Masala |G\*F Chef's Choice Sautéed Zucchini & Tomatoes Fills Sides Ginger Spiced Carrots G:FW Chef's Choice **Tuesday** Vegetable Bar An assortment of fresh vegetables served daily Honey-Chipotle Glazed Pork Loin [6:4] Entrées Fried Cod Fish Tacos Valencian Seafood Paella Roasted Tilapia with Chimichurri Sauce Chicken Mole Chicken Tinga Tacos Carne Asada Tacos Chef's Choice Cilantro Lime Rice Gif Wa Sides Black Beans Sweet Plantains G:FV Chef's Choice Wednesday Vegetable Bar An assortment of fresh vegetables served daily Falafel with Tahini Sauce Va **Entrées** Steak alla Milanese Three Cheese Ravioli with Pesto Sauce | 16 Pappardelle Pasta with Peas & Parmesan Va Pork Loin with Mushroom Madeira Chicken Legs Mediterranean Style Fettuccine Alfredo with Shrimp Chef's Choice Sides **Charred Eggplant** G:FIV2 Cauliflower with Garlic Crumbs V Sautéed Spinach ( ) Chef's Choice Thursday Vegetable Bar An assortment of fresh vegetables served daily Gnocchi alla Trapanese [Va] Herb Roasted Turkey G#F Entrées Garlic Chicken Thighs with Peas & Asparagus Parmesan & Chive Smashed Potatoes V BBQ Brisket with Mustard Sauce GF Chef's Choice Tangy Roasted Pork Tenderloin G:F Sides Garlic Mashed Potatoes V Sautéed Kale G:FW. Green Beans with Almonds V. Chef's Choice Friday Vegetable Bar An assortment of fresh vegetables served daily Smoked BBQ Beef Brisket Teriyaki Glazed Wings, Lemon Pepper Wings Entrées Buffalo Wings, Mild Wings, Jerk-Spiced Wings **BBQ Pulled Pork** Vegetable Lasagna | 🗸 Jambalaya with Chicken, Sausage, & Okra Chef's Choice Roasted BBQ Chicken Sautéed Collard Greens G:F| Sides Mac & Cheese BBQ Succotash Carrot Sticks & Celery Sticks G: Van